

USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 05-14-07)

Visit us at www.fns.usda.gov/fdd

B191 – FLOUR, ALL PURPOSE, ENRICHED, UNBLEACHED, 50 LB

CATEGORY	<ul style="list-style-type: none"> Grains/Breads
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> U.S. No. 2 grade or better unbleached wheat flour enriched with thiamin, riboflavin, niacin, folic acid, and iron. May have added calcium.
PACK/YIELD	<ul style="list-style-type: none"> 50 lb bag. One 50 lb bag AP yields about 183 cups. One lb AP yields about 3²/₃ cups. CN Crediting: Flour serves as a recipe ingredient; crediting is based on the recipe and portion size. For more information, see section 3 Grains/Breads in the <i>Food Buying Guide for Child Nutrition Programs</i>.
STORAGE	<ul style="list-style-type: none"> Store flour off the floor in a cool, dry, well-ventilated place (ideal temperature of 50 °F and relative humidity between 50 and 70%). If ideal storage conditions are not available, store flour under refrigeration. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.



Nutrition Information

Wheat flour, white, all-purpose, enriched, unbleached

	¼ cup (31 g)	1 cup (125 g)
Calories	114	455
Protein	3.23 g	12.91 g
Carbohydrate	23.85 g	95.39 g
Dietary Fiber	0.8 g	3.4 g
Sugars	0.08 g	0.34 g
Total Fat	0.31 g	1.23 g
Saturated Fat	0.05 g	0.19 g
Trans Fat	0 g	N/A
Cholesterol	0 mg	0 mg
Iron	1.45 mg	5.80 mg
Calcium	5 mg	19 mg
Sodium	1 mg	2 mg
Magnesium	7 mg	28 mg
Potassium	33 mg	134 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0 mg	0 mg
Vitamin E	0.02 mg	0.07 mg



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PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none">• Use as directed in recipes.
USES AND TIPS	<ul style="list-style-type: none">• Flour is the primary ingredient in baked items of all types and is used as a thickening agent for sauces and gravies.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none">• Visually inspect for presence of foreign substances, insects, or molds before use.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none">• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm.• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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